

WIGGLE IT  
WAGGLE IT  
MOVE IT  
GROOVE IT  
JUST DON'T  
SIT ON IT

on your  
**feet**  
Britain

Sign up Today

On Your Feet

28<sup>th</sup> April 2017

Take a stand for workplace health. Challenge yourself to sit less & move more at work.

Sign up today at:  
[onyourfeet.org.uk](http://onyourfeet.org.uk)

#CHIEFWIGGLEOFFICER  
Hi I'm Brad, here to get you moving.  
What will you do?



Event  
Organiser

In Association  
With



'GET UP OFFA THAT THING'

on your  
**feet**  
Britain

Awareness of the "Sitting Disease" has rocketed up in recent years. Surely it's time your workplace joined in our fun event to take James Brown at his word.

Join 1 million office workers #SitLess and #MoveMore by signing up your workplace to a free event and see a different aspect of your colleagues. Find out who is The Wiggler, The Wagglor, The Mover or the Groover.

On **28<sup>th</sup> April 2017** we're challenging the nation again to get **On Your Feet**. Take part in our third national day when 1 million workers across Britain will sit less & move more.

Instead of emailing the person opposite, do something revolutionary – walk over & talk face to face. It's a good way to do business & it'll do you good.

Ditch your usual lunch 'al desko' and take a stroll outside. You'll get a spring in your step and feel better for it.

Make phone calls standing up. You'll feel more confident and burn more calories than sitting.

Why not take it on as an office challenge & free yourself from the office chair for the day. Find fun & easy ideas online to take part.

Sign up today at:  
[onyourfeet.org.uk](http://onyourfeet.org.uk)

[@getGBstanding](https://twitter.com/getGBstanding)  
[facebook.com/getbritainstanding](https://facebook.com/getbritainstanding)

#THEWIGGLER

Amy from PR will be wiggling it.

What will you do?



#MOVEMORE

#THEWAGGLER

Jim from Finance will be wagging it.

What will you do?



#SITLESS